

What Is Claimed Is:

1. A filament retaining washer for mounting
about the shank of a bone screw deployed in a bone
5 whereby to retain the filament to the bone, said
filament retaining washer comprising:

a structure having a screw hole extending
therethrough for receiving therein the shank of the
bone screw deployed in the bone, whereby to secure said
10 structure to said bone, said screw hole defining a
first axis, and said structure having a filament hole
extending therethrough for receiving a filament therein
so as to retain said filament to said structure, said
filament hole defining a second axis extending
15 substantially perpendicular to said first axis, with
said second axis being aligned with a bone screw
extending through the screw hole.

2. A filament retaining washer for mounting about
20 the shank of a bone screw deployed in a bone whereby to
retain the filament to the bone, said filament
retaining washer comprising:

a body;

a downwardly projecting extension connected to
said body and having a screw hole extending
therethrough for receiving therein the shank of the
bone screw deployed in the bone, whereby to secure said
5 downwardly projecting extension to said bone, said
screw hole defining a first axis; and

an upwardly projecting extension connected to said
body and having a filament hole extending therethrough
for receiving a filament therein so as to retain said
10 filament to said upwardly projecting extension, said
filament hole defining a second axis extending
substantially perpendicular to said first axis, with
said second axis being aligned with a bone screw
extending through the screw hole.

3. The filament retaining washer of claim 2
wherein said downwardly projecting extension has a
semi-spherical configuration similar to the
semi-spherical underside of the head of the bone screw.

4. The filament retaining washer of claim 2
wherein said body forms a recess aligned with said

screw hole, said recess receiving the head of the bone screw.

5 5. The filament retaining washer of claim 2 wherein the filament is a suture.

 6. The filament retaining washer of claim 2 wherein the filament is a cable.

10 7. The filament retaining washer of claim 6 wherein said upwardly projecting extension is configurable so as to restrain the cable within said filament hole.

15 8. The filament retaining washer of claim 7 wherein said upwardly projecting extension contains a set screw hole communicating with said filament hole, and a set screw disposed in said set screw hole for selectively engaging said cable so as to lock said
20 cable relative to said upwardly projecting extension.

9. The filament retaining washer of claim 7 wherein said upwardly projecting extension is crimpable.

5 10. The filament retaining washer of claim 9 wherein said crimpable upwardly projecting extension has a trapezoidal cross-section.

10 11. The filament retaining washer of claim 2 further comprising a second upwardly projecting extension connected to said body and having a filament hole extending therethrough.

15 12. A system for securing an object to a bone, said system comprising:

a bone screw;

a washer comprising:

a body;

20 a downwardly projecting extension connected to said body and having a screw hole extending therethrough for receiving therein the shank of said bone screw deployed in the bone, whereby to secure said downwardly projecting extension to said bone, said

screw hole defining a first axis, with said second axis being aligned with a bone screw extending through the screw hole; and

an upwardly projecting extension connected to
5 said body and having a filament hole extending therethrough, for receiving a filament therein so as to retain said filament to said upwardly projecting extension, said filament hole defining a second axis extending substantially perpendicular to said first
10 axis; and

a filament received by said filament hole, said filament securing the object to said bone.

13. The system of claim 12 wherein said
15 downwardly projecting extension has a semi-spherical configuration similar to the semi-spherical underside of the head of the bone screw.

14. The system of claim 12 wherein said body
20 forms a recess aligned with said screw hole, said recess receiving the head of the bone screw.

15. The system of claim 12 wherein the filament
is a suture.

5 16. The system of claim 12 wherein the filament
is a cable.

10 17. The system of claim 16 wherein said upwardly
projecting extension is configurable so as to restrain
the cable within said filament hole.

15 18. The system of claim 17 wherein said upwardly
projecting extension contains a set screw hole
communicating with said filament hole, and a set screw
disposed in said set screw hole for selectively
engaging said cable so as to lock said cable relative
to said upwardly projecting extension.

20 19. The system of claim 17 wherein said upwardly
projecting extension is crimpable.

20. The system of claim 19 wherein said crimpable
upwardly projecting extension has a trapezoidal cross-
section.

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21. The system of claim 12 further comprising a second upwardly projecting extension connected to said body and having a filament hole extending therethrough.

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22. The system of claim 12 further comprising a bone plate having a hole extending therethrough, with the shank of said bone screw passing therethrough, and said filament retaining washer being secured about the shank of said bone screw, between said bone and the head of said bone screw.

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23. The system of claim 15 wherein said suture holds a piece of mesh to the bone.

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24. A method for securing an object to a bone, said method comprising:

providing a screw, a filament and a suture retaining washer, said suture retaining washer comprising:

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a body;

a downwardly projecting extension connected

to said body and having a screw hole extending
therethrough for receiving therein the shank of a bone
screw deployed in the bone, whereby to secure said
downwardly projecting extension to said bone, said
5 screw hole defining a first axis; and

an upwardly projecting extension connected
to said body and having a filament hole extending
therethrough for receiving a filament therein so as to
retain said filament to said upwardly projecting
10 extension, said filament hole defining a second axis
extending substantially perpendicular to said first
axis, with said second axis being aligned with a bone
screw extending through the screw hole;

securing said washer to the bone with said
15 screw, with said filament extending through said
filament hole; and

using said filament to secure the object to the
bone.

20 25. The method of claim 24 wherein said filament
is a cable, and further comprising the step of locking
said cable to said suture retaining washer.

26. The method of claim 24 wherein said filament
is suture.

27. The method of claim 26 wherein said object is
a piece of soft tissue.

28. The method of claim 26 wherein said object is
a piece of mesh.

29. The filament retaining washer of claim 2
wherein said downwardly projecting extension is
configured to engage a corresponding recess formed in a
bone plate so as to prevent rotation of said filament
retaining washer relative to the bone plate.

30. The system of claim 12 wherein said
downwardly projecting extension is configured to engage
a corresponding recess formed in a bone plate so as to
prevent rotation of said filament retaining washer
relative to the bone plate.

31. The filament retaining washer of claim 6
wherein said cable is braided cable.

32. The filament retaining washer of claim 6 wherein said cable is wire.

5 33. The system of claim 16 wherein said cable is braided cable.

34. The system of claim 16 wherein said cable is wire.

35. The method of claim 25 wherein said object is bone.

36. The method of claim 24 wherein said washer is secured to said bone so that said washer is countersunk into the bone.

37. A method for securing an object to a bone, said method comprising:

20 providing a screw, a filament and a suture retaining washer, said suture retaining washer comprising:

a structure having a screw hole extending
therethrough for receiving therein the shank of the
bone screw deployed in the bone, whereby to secure said
structure to said bone, said screw hole defining a
5 first axis, and said structure having a filament hole
extending therethrough for receiving a filament therein
so as to retain said filament to said structure, said
filament hole defining a second axis extending
substantially perpendicular to said first axis, with
10 said second axis being aligned with a bone screw
extending through the screw hole;

securing said washer to the bone with said screw,
with said filament extending through said filament
hole; and

15 using said filament to secure the object to the
bone.

38. A filament retaining washer for mounting
about the shank of a bone screw deployed in a bone
20 whereby to retain the filament to the bone, said
filament retaining washer comprising:

a body;

a downwardly projecting extension connected to
said body and having a screw hole extending
therethrough for receiving therein the shank of the
bone screw deployed in the bone, whereby to secure said
5 downwardly projecting extension to said bone, said
screw hole defining a first axis; and

an upwardly projecting extension connected to said
body and having a filament hole extending therethrough
for receiving a filament therein so as to retain said
10 filament to said upwardly projecting extension, said
filament hole defining a second axis extending
substantially perpendicular to said first axis, with
said upwardly projecting extension being displaced
laterally and longitudinally from said downwardly
15 projecting extension.

39. A filament retaining washer for mounting
about the shank of a bone screw deployed in a bone
whereby to retain the filament to the bone, said
20 filament retaining washer comprising:

a structure having a screw hole extending
therethrough for receiving therein the shank of the
bone screw deployed in the bone, whereby to secure said

structure to said bone, said screw hole defining a first axis, and said structure having a filament hole so as to retain said filament to said structure, said filament hole defining a second axis extending substantially perpendicular to said first axis, with said second axis extending parallel to a third axis extending through said first axis.

40. A filament retaining washer according to claim 39 wherein said screw hole comprises a spherical recess about its upper end for receiving therein the underside of the head of a bone screw whose shank passes through the screw hole.

41. A filament retaining washer according to claim 39 wherein said washer has a diameter substantially the same as the head of a bone screw whose shank is sized to pass through the screw hole.

42. A filament retaining washer according to claim 39 wherein said filament hole comprises a pair of openings extending through said structure, wherein said

pair of openings are aligned with one another along
said second axis.

43. A filament retaining washer according to
claim 39 wherein said filament hole is configured so
that a filament extending therethrough will be locked
to the washer when a bone screw extending through the
screw hole is fully tightened down.

44. A filament retaining washer according to
claim 39 wherein said filament hole is configured so
that a filament extending therethrough will be movable
relative to the washer when a bone screw extending
through the screw hole is fully tightened down.